

ABSTRACT OF THE DISCLOSURE

Compositions comprising at least one conjugated linoleyl alcohol component selected from the group consisting of *cis*- and *trans*- isomers of 6,8-octadecadienol, 7,9-octadecadienol, 8,10-octadecadienol, 9,11-octadecadienol, 10,12-octadecadienol and 11,13-octadecadienol are described along with their use in oral and topical applications for humans and animals.